

Musculoskeletal Health Protocol

DEVELOPED WITH FELICE GERSH, M.D.*

CLINICAL OBJECTIVE	ASSESSMENT	PRODUCT RECOMMENDATIONS	DOSING
Essential Nutrients Support for adequate nutrient status† (Choose from the products listed)	Micronutrient testing, particularly, vitamins B12, vitamin D and magnesium	Women's Nutrients (code: WN1C-C)	Take 2 capsules 2 times daily
		Magnesium (glycinate) (code: MG1C-C)	1-4 capsules daily, with food
Bone Support for healthy bone density	DEXA scan	OsteoBalance (code: OB2C-C)	3 capsules daily, with meals
Joint Support for joint health, mobility and overall joint comfort	Self-reported joint comfort	Ligament Restore (code: LR2C-C)	2 capsules, 2 times daily, with meals and 250 mL water
Muscle Support for healthy muscle function and muscle recovery	Self-reported muscle loss or delayed recovery	Amino Replete (code: AMR2C-C)	1 scoop daily, mixed with 1-2 cups of water or juice, between meals

Available for download at PureEncapsulations.ca/en/pure-resources

Please note that patients may not require all supplements listed.

*Dr. Felice Gersh is a retained advisor to Pure Encapsulations.

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